



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09239, Peaches, canned, extra light syrup, solids and liquids

Report Date: June 30, 2017 16:58 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.69 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves or slices 247g
Proximates					
Water	g	88.20	1	--	217.85
Energy	kcal	42	--	--	104
Energy	kJ	176	--	--	435
Protein	g	0.40	--	--	0.99
Total lipid (fat)	g	0.10	1	--	0.25
Ash	g	0.24	--	--	0.59
Carbohydrate, by difference	g	11.10	--	--	27.42
Fiber, total dietary	g	1.0	--	--	2.5
Minerals					
Calcium, Ca	mg	5	1	--	12
Iron, Fe	mg	0.30	1	--	0.74
Magnesium, Mg	mg	5	1	--	12
Phosphorus, P	mg	11	1	--	27
Potassium, K	mg	74	1	--	183
Sodium, Na	mg	5	1	--	12
Zinc, Zn	mg	0.09	1	--	0.22
Copper, Cu	mg	0.050	1	--	0.124
Manganese, Mn	mg	0.047	--	--	0.116
Vitamins					
Vitamin C, total ascorbic acid	mg	3.0	1	--	7.4
Thiamin	mg	0.020	1	--	0.049
Riboflavin	mg	0.020	1	--	0.049

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves or slices 247g
Niacin	mg	0.800	1	--	1.976
Pantothenic acid	mg	0.050	--	--	0.124
Vitamin B-6	mg	0.019	--	--	0.047
Folate, total	µg	3	--	--	7
Folic acid	µg	0	--	--	0
Folate, food	µg	3	--	--	7
Folate, DFE	µg	3	--	--	7
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	14	1	--	35
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	270	1	--	667
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Lipids					
Fatty acids, total saturated	g	0.011	--	--	0.027
16:0	g	0.009	--	--	0.022
18:0	g	0.001	--	--	0.002
Fatty acids, total monounsaturated	g	0.036	--	--	0.089
16:1 undifferentiated	g	0.001	--	--	0.002
18:1 undifferentiated	g	0.036	--	--	0.089
Fatty acids, total polyunsaturated	g	0.048	--	--	0.119
18:2 undifferentiated	g	0.047	--	--	0.116
18:3 undifferentiated	g	0.001	--	--	0.002
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.001	--	--	0.002
Threonine	g	0.016	--	--	0.040
Isoleucine	g	0.012	--	--	0.030
Leucine	g	0.023	--	--	0.057
Lysine	g	0.013	--	--	0.032
Methionine	g	0.010	--	--	0.025
Cystine	g	0.003	--	--	0.007

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves or slices 247g
Phenylalanine	g	0.013	--	--	0.032
Tyrosine	g	0.010	--	--	0.025
Valine	g	0.022	--	--	0.054
Arginine	g	0.010	--	--	0.025
Histidine	g	0.007	--	--	0.017
Alanine	g	0.024	--	--	0.059
Aspartic acid	g	0.067	--	--	0.165
Glutamic acid	g	0.061	--	--	0.151
Glycine	g	0.014	--	--	0.035
Proline	g	0.017	--	--	0.042
Serine	g	0.018	--	--	0.044
Other					